

# GUIDELINES

## November 2023



### Mental Health: Get Ahead of the Holidays

As the holiday season approaches, it is common for individuals of all ages to experience mixed emotions. To support your mental health during this time, consider these strategies:

#### 1) Journaling

Write down your thoughts, feelings, observations, and/or goals. Journaling is an easy and effective opportunity to practice thoughtful self-reflection.

#### 2) Mindfulness

A consistent breathing or meditation routine is a great way to regulate your emotions and hit the reset button. Many great guided options are available online!

#### 3) Get Organized

Getting organized can reduce stress and anxiety by providing a sense of control and clarity in one's daily life.

#### 4) Do More Of What You Love

Whether spending time with loved ones or starting a hobby - Make time to do more of the (healthy) things that bring you joy!

#### 5) Stay Active

Even a quick 10-minute walk can get your heart rate up and release mood-boosting endorphins!

#### 6) Make A Gratitude List

Studies show that acknowledging what you are thankful for has a positive impact on mental health.

#### 7) Reach Out For Support

School counselors are always here to help. You can also [visit our website](#) for additional resources.

**8th Grade Open House at RDHS**  
Thursday, November 30th 6:00 - 8:00 PM

### EVENTS IN THE COMMUNITY

#### Empowering Mindfulness: Nurturing Neurodiversity in Parenting

Wednesday, November 15, 2023  
7:00 - 8:30 PM

#### Talk Saves Lives

Wednesday, November 29, 2023  
7:00 - 8:30 PM

### Empowering Mindfulness

**Location:** 0-108 29th Street, Fair Lawn, NJ

**Details:** Mindfulness can be incredibly beneficial for parents of neurodivergent kids. This workshop will review practical tools including breathing exercises, grounding techniques, body scan, movement, and much more. Mindfulness tools can foster a sense of calm, emotional regulation, and improved communication between you and your neurodivergent child.

**Registration:** Please use the [following link](#)

### Talk Saves Lives

**Location:** 0-108 29th Street, Fair Lawn, NJ

**Details:** Talk Saves lives provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what everyone can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

**Registration:** Please use the [following link](#)



### Our Staff

201-599-7200

Marnie Ross  
7th Grade  
Counselor  
x7254

Demetra Binder  
8th Grade  
Counselor  
x7256

Erin Kirkby  
Director  
x7224

Nancy Boettger  
Admin Assistant  
x7255

### Our Ambassadors in Action

Our 8th grade Ambassadors serve as a wonderful extension of the RDMS Counseling Department. The group had a busy start to the year, assisting with multiple student events ranging from our New Student Breakfast to 7th Grade Field Day to our goal-setting lessons during Hawk Day!



### 8th Grade Open House

We are excited to host our annual Open House for the RDHS Class of 2028 on Thursday, November 30th from 6:00 - 8:00 PM. The evening will be informal and an opportunity for families to meet building administration and receive a tour of the school from current RDHS students.

Feel free to arrive anytime between 6:00 PM and 8:00 PM. You can come to the main entrance off of the oval, where you will be greeted by a student tour guide who will show you what it is like to be a RDHS Hawk! Each tour will last approximately 25 minutes and we ask that all students are accompanied by a parent/guardian or responsible adult.



*Our counseling department is thankful to be part of such a positive and supportive community here at River Dell. Thank you for being a part of that experience!*